



ABOUT SWOT



OUR MISSION

Enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.



SENIOR CENTER

Located in the Driggs City Center at 60 S. Main in Driggs, Idaho. Hours are 9 a.m. to 3 p.m. Monday through Friday.



LUNCH

Served at noon Mondays through Fridays.



HOW TO REACH US

- (208) 354-6973
- swot@teton seniors.com
- P.O. Box 871, Driggs, ID 83422



ONLINE

- www.teton seniors.org
- Facebook: Seniors West of the Tetons
- Instagram: [seniors_west_of_the_tetons](https://www.instagram.com/seniors_west_of_the_tetons)

Grow herbs

MD Nursey class at 1:30 p.m. on July 8. \$15 fee for materials. See Page 5.

JULY 2025

Valley Talk



SENIOR CENTER MEALS



DRUMMING SESSIONS



ART CLASSES



YOGA CLASSES



BLOOD-PRESSURE CHECKS



BINGO GAMES



HOME-DELIVERED MEALS



MAH-JONGG GAMES



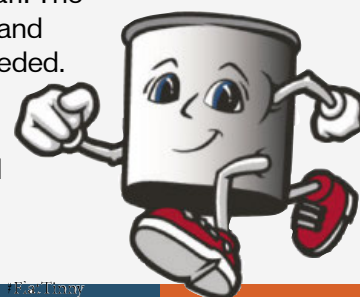
CHANCES TO VOLUNTEER

ALL PHOTOS EXCEPT HOME-DELIVERED MEALS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

SUPPORT SENIORS THROUGH THE TIN CUP CHALLENGE

Seniors West of the Tetons works to make sure aging adults in Teton Valley are engaged, supported and thriving through the many services provided, such as those shown in the photos above. Your Tin Cup Challenge donations to SWOT make those programs possible by paying for food, utilities and gas, supplies, and coordination and planning by the SWOT staff. The need to combat hunger, isolation, health issues and needs of older adults is growing. Your help is needed.

HOW TO DONATE Visit TetonSeniors.org/tin-cup-2025 or fill out the donor card inserted in this newsletter.



#TinCup



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MEALS DELIVERED

Home-delivered meals are
available by contacting:

Eastern Idaho
Community Action
Partnership,
(208) 522-5391

theSWOTteam

CHAIR CHAT

Your gift helps create a safe place



**ALLIE
MOLLENKOF**
executive
director

THE TIN CUP CHALLENGE is more than a fundraiser – it's a powerful reminder of what we can do when we come together as a community.

Organized by the Community Foundation of Teton Valley, this annual event celebrates our shared values of compassion, generosity and neighborly care. At SWOT, we've seen firsthand how vital community support is.

We're serving more meals than ever – both in our dining room and through home delivery – and offering expanded opportunities for connection, learning and wellness. But with this growth comes new pressures. Unpredictable federal funding has made us more dependent on local support.

That's why the Tin Cup Challenge is so important. Your contribution supports essential services like daily meals, fitness classes, health education and

enrichment programs. And thanks to the Community Foundation's match, your donation will go even further.

The impact is real. One senior shared, "When I received tough news about my health, the first place I turned was the Senior Center. I knew I'd find understanding and support." Your gift helps create that safe, welcoming space for others.

We're deeply grateful for your past support and hope you'll join us again this year.

Visit www.tetonseniors.org/tin-cup-2025 or return the enclosed donation card to give. Together, we can continue building a caring place for the seniors who built this community.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Tetons provides, consider making a donation or offering to volunteer. Give to us in the Tin Cup Challenge!



HELP US IN TIN CUP

Visit www.tetonseniors.org/tin-cup-2025 or return the enclosed donation card. The deadline is 5 p.m. on July 25.



DONATE MONTHLY

Become a Shining Star by signing up to give monthly at tetonseniors.org/shining-star. These donations help us maintain a steady revenue stream.



BECOME A VOLUNTEER

Volunteers staff the front desk, assist in the kitchen, deliver meals and much more. Email programs@tetonseniors.com to learn more.

SWOT MEMBERS ENJOYING MD NURSERY DISCOUNTS

The gracious offer from MD Nursery to offer discounts to regular constituents of Seniors West of the Tetons has created a little confusion.



The discount, offered on Tuesdays to those who have a SWOT scan card, was designed as a perk for regulars at SWOT meals and programs. The discount is meant for those who come in for lunch, participate in fitness and health classes or other SWOT activities.

SWOT appreciates MD's willingness to honor the SWOT community in this way.

Wydaho Roasters also recognizes SWOT patrons with discounts on Tuesday as well. And that is also greatly appreciated.

Walk with SWOT in Parade and Tin Cup

Seniors West of the Tetons wants to show the community the engaged and thriving population of older adults we have.

Join SWOT as we march in the Fourth of July Parade in Victor on July 4. We will start lining up at 8 a.m. along Elm Street. Please arrive by 9:45 a.m. for the 10 a.m. parade start. Dress in moo moos, flowing dresses, overalls and wigs if you want. Bring candy.

On July 19, SWOT will be walking in the Tin Cup Challenge event in Driggs City Park. Arrive by 8:50 a.m. at the SWOT booth to join in the fun.

Summer is time for ice cream socials

To enjoy summer and one of the best treats, the SWOT van will bring ice cream to the park in Alta, Wyo., and on the back patio at the Senior Center.

Come to Alta Park at 1:30 p.m. on July 11. Look for the van.

Then hang out at the back patio at the Senior Center in the Driggs City Center, 60 S. Main, at 1:30 p.m. on July 25.

Ice cream socials also are planned in August. We will meet at Ruby Carson Park in Tetonia at 1:30 p.m. on Aug. 8 and Sherman Park in Victor at 1:30 p.m. on Aug. 29. Check August's issue for any updates or changes.

VALLEY TALK 3

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PROGRAMS & activities

WE'VE GOT a lot going on at the Senior Center. Here is your guide to our programs.

FITNESS



Fit & Fall Proof

9 and 10 a.m. Mondays and Thursdays. Wear loose-fitting clothing and bring water with you. Free. Open to all.

This is an exercise program that focuses on improving strength, mobility and balance to reduce an older adult's risk of falling. Local volunteer leaders are trained to teach the class.

Drumming

10:15 a.m. Tuesdays and Fridays. Wear loose-fitting clothing; bring water. Free. Open to all.

Led by Lea Hardee and Cindie Brouwer this fun cardio routine set to music involves movement and beating an exercise ball with drumsticks. Also helps cognitive function through concentration and coordination.

Tai Chi

9 a.m. Wednesdays at the Senior Center. 9 a.m. Fridays in Driggs City Park, pending weather. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

This is a series of movements performed in a slow, focused manner with deep breathing. Beginners welcome. Individual instruction after class. Led by Dan Keslar.

Yoga for a Better Life

9 a.m. Tuesdays. Wear loose clothing; bring water. Yoga mats and gear are provided. Suggested \$5 donation. Open to all.

This Hatha-based yoga practice is designed to increase flexibility while building strength and using your breath efficiently. It's led by instructor Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of the month, with some exceptions. Free. Open to all.

A gathering to eat, drink and discuss the often taboo subject: Death. It is not a support group, but a directed discussion with the objective to increase awareness and help people make the most of their lives.

Tech Time

At noon the second Tuesday of each month. Free. Open to all.

This program will help you with any technology questions. Phil Mollenkof and Andy Harlan, friends of SWOT, are proficient with various technologies. These guys will help you master technology; just bring your device in question and fire away.

HEALTH

Teton Valley Health talk

One Wednesday a month at 11 a.m. Check calendar on Page 5 for date. Free. Open to all.

Teton Valley Health provides a monthly update of news and information. Come hear about the health services in our community and ask questions to learn more about the care available.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Aging well

Free. Open to all.

A quarterly panel discussion with guest professionals on topics addressing aging.

SOCIAL



Bingo

Check the calendar. Free. Open to all.

We can't guarantee you'll win fun prizes but we can promise you'll have many laughs!

Coffee Klatsch

10:30 a.m. Wednesdays. Free. Open to all.

Coffee or tea and conversation. Snack while you chat.

Bridge

1 p.m. Tuesdays. Free. Open to all.

Bridge is a trick-taking card game using a standard 52-card deck.

Mah-jongg

1 p.m. Wednesdays. Free. Open to all.

Mah-jongg is a tile-based game that was developed in the 19th century in China.

SWOT photo club

5:30 p.m. the second Wednesday of the month. Free. Open to all.

Come learn and share.

Knitting circle

9 a.m. the first and third Fridays of the month.

Teton Arts and SWOT offer an opportunity to gather, converse and knit at the Senior Center.

Senior art

Monthly art activities occur usually 1 p.m. the second Tuesday at Teton Arts studio. Check the calendar. \$5 suggested donation. Limited.

A collaboration with Teton Arts offers monthly opportunities to explore your creativity with clay, painting, drawing and other creative endeavors. Register at <https://tinyurl.com/seniorarts>



JULY

fit & active

GET A SWOT SCAN

card that lets you easily check in for programs and meals and that offers you discounts at some area merchants. Ask for a card at the registration desk.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	HAPPY FOURTH OF JULY! WALK THE PARADE IN VICTOR WITH SWOT, 9:45 A.M. The Senior Center is closed.
	1	2	3	4
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Drumming, 10:15 a.m. • Tech Time, noon • Bridge, 1 p.m. • GROW HERBS, 1:30 P.M. MD Nursery class. \$15 fee for materials. Register at Tetonseniors.org/herbs. • SWOT SWIM, 1:30 P.M. Register at Tetonseniors.org/swim. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Blood-pressure checks, 11:45 a.m. • Mah-jongg, 1 p.m. • AQUAFIT, 3:30 P.M. Water aerobics at Driggs City Park. Sign up at tinyurl.com/swotaquafit. • PHOTOGRAPHY CLUB, 5:30 P.M. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • Death Cafe, 1:30 p.m. 	<ul style="list-style-type: none"> • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m. • ICE CREAM SOCIAL, ALTA PARK, 1:30 P.M.
7	6	9	10	11
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. • AQUAFIT, 3:30 P.M. Water aerobics at Driggs City Park. Sign up at tinyurl.com/swotaquafit. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Knitting Circle, 9 a.m. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m.
14	15	16	17	18
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> • WILDFLOWER WALK, 8:30 A.M. Join John Cheeseman in Teton Canyon. Register at Tetonseniors.org/wildflowers. • Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. • SWOT SWIM, 1:30 P.M. Register at Tetonseniors.org/swim. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. • AQUAFIT, 3:30 P.M. Water aerobics at Driggs City Park. Sign up at tinyurl.com/swotaquafit. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	<ul style="list-style-type: none"> • TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m. • ICE CREAM SOCIAL, DRIGGS, 1:30 P.M. Look for us on the SWOT back patio.
21	22	23	24	25
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 & 10 a.m. 	<ul style="list-style-type: none"> • JENNY LAKE BOAT RIDE, 8 A.M. Ride the SWOT van or follow by car. Boat leaves at 10 a.m. Bring sack lunch, water and tip for boat captain. Register at Tetonseniors.org/jennylake. • Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. 	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. • AQUAFIT, 3:30 P.M. Water aerobics at Driggs City Park. Sign up at tinyurl.com/swotaquafit. 	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. 	
28	29	30	31	



JULY

lunch menu

LUNCH is served from noon to 1 p.m. Mondays through Fridays. Menus are subject to change.

SUGGESTED DONATIONS are \$6 for those 60 years and older, \$10 for those under 60 and \$5 for children.

TAKEOUT MEALS Cost is \$1 more for disposable containers. No extra charge with reusable containers, which we sell for \$8.



VEGETARIAN OPTION A vegetarian option is available. It may include dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 1	Brie and apple tart Side salad Potato leek Peaches and cream cup 2	Taco salad in a tortilla bowl with ground beef, corn and black beans Chipotle ranch dressing Southwest pork stew BIRTHDAY CAKE 3	HAPPY FOURTH OF JULY! The Senior Center is closed. 4
Oven-roasted salmon Rice pilaf Sautéed asparagus Lemon caper tartar sauce Garden salad Lemon cookie 7	Black bean cheese enchiladas Refried beans Spanish rice Salsa bar Green chili cheese soup 8	Roast pork loin Mashed potatoes Gravy Glazed carrots Garden salad Chocolate brownie 9	Meat-lovers lasagna with pepperoni, ham, Italian sausage and ground beef Salad Vegetable basil soup 10	Tuna salad on wheat berry bread with cheddar cheese Housemade potato chips Garden salad Cookie 11
NACHOS! Seasoned ground beef, cheese sauce and pico de gallo on housemade tortilla chips Salsa bar Black bean soup 14	Chinese chicken salad with mixed greens, broccoli, baby corn and red pepper on chow mein noodles Sesame dressing Asian vegetable soup Fortune cookie 15	Oven-roasted salmon Caesar salad Garden vegetable soup Focaccia bread Vanilla pudding 16	Pedro's pork carnitas tacos with pico de gallo and chipotle aioli Black beans and rice Red chili chicken soup Cinnamon tortillas 17	Hawaiian ham salad and pineapple sliders Pork fried rice Garden salad Lime Jell-O parfait 18
BREAKFAST BRUNCH BUFFET Eggs, bacon and sausage Home fries Huckleberry pancakes Fresh fruit platter Mini muffins 21	Grilled Rachel sandwich with turkey, Swiss cheese, coleslaw and thousand island dressing Housemade potato chips Garden salad 22	Cheesy shrimp and grits with andouille sausage, peppers and onions Fried okra Red bean and rice soup 23	Loaded Idaho baked potato with housemade chili, broccoli, cheese sauce and sour cream Garden salad Chocolate brownie 24	SWOT SUBWAY Build-your-own sub sandwich with a choice of meat, cheese and toppings Housemade potato chips Garden salad 25
Cheese and spinach raviolis with creamy Alfredo sauce Roasted zucchini and tomatoes Garden salad Fresh grapes 28	I NEED A GYRO! Gyro with warmed pita, tzatziki sauce, kalamata olives and feta cheese Orzo salad Tomato basil soup 29	Chipotle oven-roasted turkey Black beans Fire-roasted corn Avocado aioli Red chili stew Spiced chocolate mousse 30	Grilled veggie burger on pretzel bun, provolone cheese and pesto aioli Vegetable side salad Cream of broccoli soup Vanilla pudding 31	



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND MAY

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are the latest month available.

MEALS SERVED IN 2025

6,994

AT THE CENTER: 5,440
HOME-DELIVERED: 1,554

MEALS SERVED IN MAY

1,450

AT THE CENTER: 1,109
HOME-DELIVERED: 341

FITNESS/HEALTH PROGRAMS IN MAY

539

GAMES: BRIDGE & MAH-JONGG IN MAY

61

ENRICHMENT PROGRAMS IN MAY

108

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Mark Bosivert

Carl Nelson

Mada Pentz

James Price

Marlene Wusinich

John Young



VALLEY TALK 7



Celebrate our Western History during Fair week:

Open Class entries, Teton Valley Heritage Days, 4-H and FFA Animal Shows, Livestock Auction, Stock Dog Demo, 20th Annual Horse Pull, Figure 8 and Lawnmower Races, Dinner & Barn Dance, Tractor Show, and Free Entry all week to the Teton Valley Museum.

SCAN FOR MORE
INFORMATION

Live music: July 3rd & August 6th
www.tetoncountyidaho.gov/fairgrounds



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Seniors West of the Tetons, Driggs, ID B 4C 05-1077



PICTURE perfect

A LOOK AT
some of the
activities from
the past few
weeks.



raisin' dough by playing bingo

Seniors West of the Tetons' major fundraiser for the year, Black Tie Bingo, raised money for the senior meal program, both home-delivered lunches and those served in the Senior Center. At left, Executive Director Allie Mollenkof thanks the sponsors and those present for their support along with Board Chair Lynne Browning. In the center, bingo players prepare to daub numbers. At right, Hilary Frenette rolls the wheel of bingo balls as emcee Jason Borbet keeps the crowd enthused.

SWOTVIEW | PHOTO OF THE MONTH BY GREG STONE

This photo – “Mother Sand Hill Crane with Two Chicks” – was taken by Greg Stone, a member of the SWOT Photography Club and is the photo of the month. The club is organized by Mark Kaczor, and the club meets the second Wednesday of the month at 5:30 p.m.



our darling

The community gathered in late May to celebrate the life of Clementine, the horse of SWOT volunteer Vancie Turner that was beloved by many. An exhibit about Clementine remains open at the Teton Geo Center in Driggs.

July wildflowers word search

ASTER	D	C	X	H	A	R	E	B	E	L	L	T
BALSAMROOT	E	E	L	K	C	U	S	Y	E	N	O	H
BANEERRY	W	R	D	E	S	P	I	R	A	E	A	H
BUCKWHEAT	C	O	L	O	M	A	D	I	H	C	R	O
CLEMATIS	L	A	R	S	O	A	S	R	F	E	O	U
COW PARSNIP	T	H	U	R	O	H	T	T	C	S	W	N
FAIRY SLIPPER	C	O	S	T	A	R	S	I	E	O	A	D
GERANIUM	C	E	O	U	A	Y	R	K	S	R	N	S
HAREBELL	W	O	Y	R	R	E	B	E	N	A	B	T
HONEY-	H	M	W	I	M	B	H	O	L	O	U	O
SUCKLE	M	H	D	P	W	A	T	W	C	S	M	N
HOUNDS-	L	C	U	M	A	L	S	N	K	G	L	G
TONGUE	R	U	P	S	K	R	A	L	I	C	I	U
LARKSPUR	Z	L	U	P	I	N	S	T	A	A	U	E
LUPINS	T	H	I	S	T	L	E	N	C	B	P	B
MONKSHOOD	S	T	I	G	E	R	A	N	I	U	M	G
ORCHID	F	A	I	R	Y	S	L	I	P	P	E	R
PAINTBRUSH												
ROSE												
ROWAN												
SORREL												
SPIREAEA												
THISTLE												
YARROW												

SWOT sudoku

	6	9					1	
						5		
	3		7			6		
9	5			6				3
		4	5			7		8
	1	8			4			
		5	9			8	4	
				3				

>> **ANSWERS** TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11

VALLEY TALK 9

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Pearl Street Bagels
Pierre's Theatre
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Pizzeria Alpino
Portneuf Grille and Lounge
Provisions Local Kitchen

Rise Coffee House
Katrina Runyan
Christy Schroeder
Snake River Brewing
Snow King Mountain
Resort
Swope's Mountain
Photography |
Linda Swope
Targhee Village Golf
Course
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Course
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Brad Crow
Two Mountain Winery
Victor Emporium
Whole Foods Market
Wydaho Roasters



WYDAHO
ROASTERS

COFFEE HOUSE

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PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search

D C X H A R E B E L T
E E L K C U S Y E N O H
W R D E S P I R A E A H
C O L O M A D I H C R O
L A R G O A S R F E O U
T H U R O H T T C S W N
C O S T A R S I E O A D
C E O U A Y R K S R N S
W O Y R R E B E N A B T
H M W I M B H O L O U O
M H D P W A T W C S M N
L C U M A L S N K G L G
R U P S K R A D I C I U
Z L U P I N S T A A U E
T H I S T L E N C B P B
S T I G E R A N I U M G
F A I R Y S L I P P E R

SWOT sudoku

5	6	9	3	8	7	4	1	2
1	8	3	2	4	9	5	6	7
7	4	2	1	5	6	3	8	9
8	3	1	7	9	2	6	5	4
9	5	7	4	6	8	1	2	3
6	2	4	5	1	3	7	9	8
2	1	8	6	7	4	9	3	5
3	7	5	9	2	1	8	4	6
4	9	6	8	3	5	2	7	1



SAVE the date

ALL ACTIVITIES

are at the Senior Center unless noted. Participants should register online at tetonseniors.org.

July 4 **Center closed.** March with SWOT in the Victor parade, 9:45 a.m.

July 8 **Grow Herbs**, 1:30 p.m. with MD Nursery, \$15 for materials. Register at Tetonseniors.org/herbs.

July 8 & 22 **SWOT Swim**, 1:30 p.m. The SWOT van travels to Teton Valley Resort. Bring dry clothes for the ride back. Register at Tetonseniors.org/swim.

July 9, 16, 23 & 30 **AquaFit with Stacey**, 3:30 p.m. at Driggs City Park. Register at tinyurl.com/swotaquafit.

July 11 **Alta Ice Cream Social**, 1:30 p.m. in Alta Park.

July 22 **Wildflower Walk**, 8:30 a.m. Register at Tetonseniors.org/wildflowers. See info at right.

July 25 **Driggs Ice Cream Social**, 1:30 p.m. on the back patio.

July 25 **Tin Cup Challenge giving deadline**, 5 p.m.

July 29 **Jenny Lake Boat Ride**, 8 a.m. Register at TetonSeniors.org/jennylake.

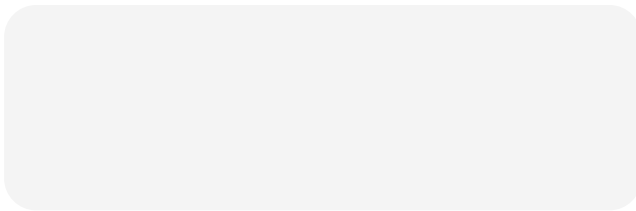


walk among wildflowers

Join plant biologist John Cheeseman as he identifies wildflowers on a tour of Teton Canyon at 8:30 a.m. July 22. Register at Tetonseniors.org/wildflowers.

12 VALLEY TALK

» WE'RE LIVING THE HIGH LIFE IN TETON VALLEY! «



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